

TUNA NOODLE CASSEROLE

—————MAINS—————

INGREDIENTS

6 oz. whole-wheat wide egg noodles
Cooking spray
1 tablespoon olive or canola oil
1 medium yellow onion, minced fine (about 1 cup)
3 tablespoons flour
1 3/4 cups fat-free and reduced sodium chicken broth (1 14-oz. can)
1 cup 1% milk
8 oz. white mushrooms, sliced (about 2 1/2 cups)
1 cup frozen peas, thawed
1/2 teaspoon Kosher salt
1/2 teaspoon black pepper
2 5-oz. cans tuna in water, drained
3/4 cup (3 oz.) grated sharp cheddar cheese
4 tablespoons unseasoned breadcrumbs (whole-wheat is best)
1/2 teaspoon dried oregano
4 tablespoons freshly grated parmesan cheese (or 3 tablespoons canned)

DIRECTIONS

1. Cook noodles in salted water until al dente, or slightly undercooked by 2 minutes. Set aside.
2. Preheat oven to 375° F. Lightly spray a 9 x 13" dish with cooking spray.
3. Heat a large, deep skillet over medium high heat. Add oil and when oil is hot, add onions; cook on medium heat until soft, about 5 minutes.
4. Add the flour and stir well, cooking an additional 2-3 minutes on medium-low heat.
5. Slowly whisk in the chicken broth until well combined, increasing heat to medium and whisking well for 30 seconds. Add the milk and bring to a boil.
6. Once mixture comes to a boil, add mushrooms, peas, salt and pepper. Simmer on medium heat, mixing occasionally until it thickens, about 7 to 9 minutes.
7. Add drained tuna, stirring another minute.
8. Remove from heat; add cheddar cheese and mix well until it melts. Add the noodles to the sauce and mix well until evenly coated; pour into prepared dish.
9. Combine breadcrumbs and oregano. Top noodles with seasoned breadcrumbs and parmesan.

10. Spray topping with a little more cooking spray and bake for about 25 minutes. If desired, place under the broiler a few minutes to get breadcrumbs crisp. Be careful not to burn!

VARIATIONS & TIPS

- If whole-wheat egg noodles are unavailable, you could use regular wide egg noodles or a different type of noodle such as penne or rotini.
- Use whatever mushrooms you like and are cheapest/on sale. Buying them loose (not in a package) is usually cheaper.
- To pack in more veggies or instead of using peas, consider adding diced broccoli, celery or carrots.
- If fresh are not available, you can use canned mushrooms and/or canned peas instead.
- Use fat free milk if that is what you normally drink at home.
- Instead of sharp cheddar, you can use whatever cheese you have on hand. Use reduced-fat for a healthier option.
- You can use canned salmon or chicken instead of tuna.

NUTRITION FACTS

280 Calories; 10.6 g Fat (4.7 g Saturated Fat); 23 g Carbohydrates; 2.5 g Fiber; 23.5 g Protein; Sodium 443 mg

YIELD: 6 servings

TOTAL COST: \$7.32

COST PER SERVING: \$1.22

SOURCE: Adapted from SkinnyTaste.com

